

YALE UNIVERSITY

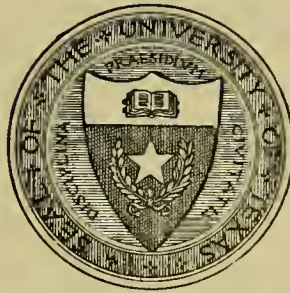
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# A BABY WELFARE EXHIBIT



Prepared by  
THE DEPARTMENT OF EXTENSION OF  
THE UNIVERSITY OF TEXAS



Baby Health Is Texas' Wealth

The benefits of education and of  
useful knowledge, generally diffused  
through a community, are essential  
to the preservation of a free gov-  
ernment.

Sam Houston.

Cultivated mind is the guardian  
genius of democracy. . . . It is the  
only dictator that freemen acknowl-  
edge and the only security that free-  
men desire.

Mirabeau B. Lamar.

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## BABY WELFARE EXHIBIT

### PURPOSE OF EXHIBIT:

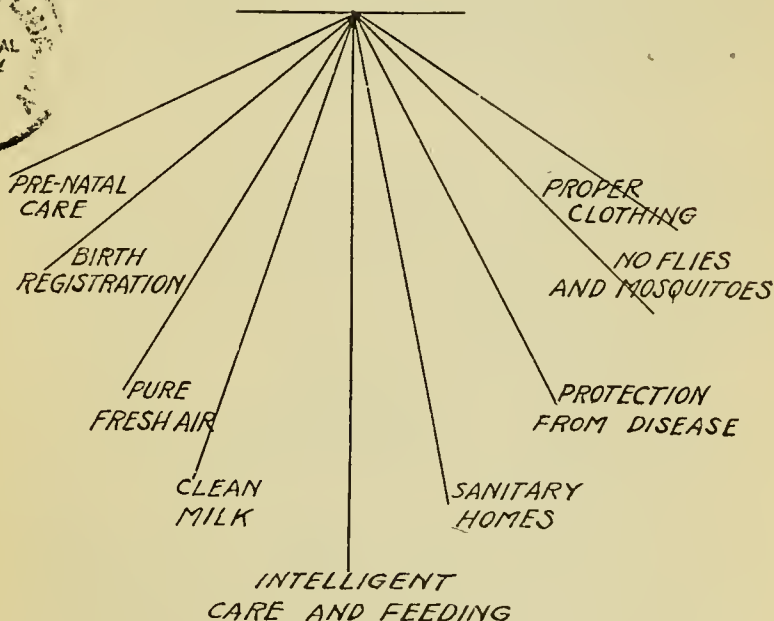
To arouse parents to a knowledge of the physical needs of their children, and to acquaint them with the right means of meeting those needs.

To secure community co-operation in bettering the conditions affecting childhood.

### SCOPE OF EXHIBIT:

The *Baby* and Its Environment:

Baby Welfare Demands



### MATERIAL FOR EXHIBIT:

*Screens or charts on the following subjects:*

Pre-natal care

Reasons for birth registration

Necessity of fresh air  
Value of breast feeding  
Infant mortality  
Importance of clean milk  
Modification of milk  
How to pasteurize milk  
Inadequacy and danger of proprietary foods  
The well-clothed baby  
Insect carriers of disease  
Communicable diseases

CONCRETE EXHIBITS:

Necessary things for the baby:

Three-quarter yard thin, light-weight flannel  
Two light-weight woolen blankets  
Three cotton and wool undershirts  
Three flannel shirts  
Three outing flannel gowns  
Four cotton slips  
One and one-half dozen diapers, 18 inches  
One and one-half dozen diapers, 22 inches  
One box boric acid  
One box talcum powder  
One piece castile soap  
One-quarter pound sterile gauze  
One-quarter pound sterile absorbent cotton  
Two dozen safety pins, large and small  
One set of scales

Toys—plain, unpainted

Good and bad nursing bottles, nipples, and bottle brushes

Materials and equipment necessary in modifying milk:

Cream dipper  
Graduate and pitcher  
Milk sugar and maltose  
Boiled water or barley gruel  
Measuring spoon  
Nursing bottles and sterile cotton  
Agate funnel

Equipment for pasteurizing milk :

Bottles, cotton, and Freeman pasteurizer ; or

Bottles, cotton, and bucket with false bottom

Home-made ice-box and directions for making :

- Get from your grocer a deep box, about 18 inches square,  
 • and put three inches of saw-dust in the bottom. Place two  
 pails in this box, one, a smaller pail, inside the other, and  
 fill the space between the outer pail and the box with saw-  
 dust. The nursing bottles filled with milk are placed in  
 the inner pail. This pail is then filled with cracked ice  
 which surrounds the bottles. The inner pail should have  
 a tin cover. Nail several thicknesses of newspaper on the  
 under surface of the cover of the box. This ice-box should  
 be kept covered and in a shady, cool place. The melted  
 water should be poured off and the ice renewed at least  
 once each day.

A model of a sanitary privy :

For direction in making this model see United States  
 Department of Agriculture Farmers' Bulletin 463, pages  
 21 and 22.

Things better in the garbage pail than in the baby's stomach :

bananas	pie	chewing-gum
candy	cake	crackerjack
pickles	popcorn	nuts
peanuts	soda pop	ice-cream cones

Foods suitable for children from 12 to 18 months :

milk	eggs	butter
orange juice	cereals—strained	dry bread
zwieback		

Foods suitable for children from 18 to 24 months :

prune juice	baked apple	dry bread
rice	orange	spinach
baked potato	cereals—strained	cream
eggs	milk	butter

Foods suitable for children from 24 to 48 months:

milk	spinach	dessert as:
eggs	asparagus	junket
dry toast	peas	custard
cereals, unstrained	onions	gelatin
fruits, cooked and mashed	carrots	cereal pudding
vegetables, cooked and steamed	baked or mashed potatoes	whip

Fit up spaces representing a good and bad nursery.

Emphasize:

- ventilation
- sunshine and fresh air
- protection from flies
- sanitary floor covering
- sanitary toys
- hygienic bed
- bathing equipment
- suitable furniture and curtains

Give suggestions of sleeping porch: how to protect from draughts, suitable bed, bedding and sleeping garments.

Helpful books for mother (from list endorsed by A. M. A.):

Care and Feeding of Children.....	Holt
Theory and Practice of Infant Feeding.....	Chapin
Care of Children.....	Cotton
The Century of the Child.....	Key
Children in Health and Disease.....	Forsyth
The Development of the Child.....	Oppenheim
The Efficient Life.....	Gulick
The Modern Mother.....	Gordon
The Nervous System of the Child.....	Warner
The Healthy Baby.....	Dennett
The Baby's First Two Years.....	Smith

Demonstrations should be arranged for special hours, under the auspices of the University Department of Extension or of the local health department or medical association on:

- Modification of milk
- Preparation of food for young children
- Bathing and dressing of the baby.

### Excursions.

- To dairy from which your milk is produced
- To factory where food materials are manufactured
- To meat market and grocery shops, paying particular attention to flies.
- To garbage disposal plant or "dump"
- To bakery
- To city water supply

## SUGGESTIONS FOR PREPARATION OF THE EXHIBIT

### I. *Location.*

Hold the exhibit in some centrally located place. It should be where the greatest number of people can see it. Arrange an attractive window to direct attention to the exhibit.

### II. *Co-operation.*

Secure the co-operation of all the organizations in your community.

Get the school children to write compositions on some phase of the Baby Welfare Week, and to formulate and write invitations to their parents to attend the Baby Welfare Exhibit.

Urge teachers of domestic economy to use material in their classes directly bearing on baby welfare.

The following should be interested in this movement:

- The press
- Pulpit
- Medical association
- Insurance companies
- Business men's organization
- Chamber of Commerce
- Rotary Club
- Advertising Club
- Fraternal organizations
- School—teacher and pupils
- All women's organizations
- Church societies
- Literary clubs
- Congress of Mothers
- Parent-Teacher association

### III. *Construction of Screens.*

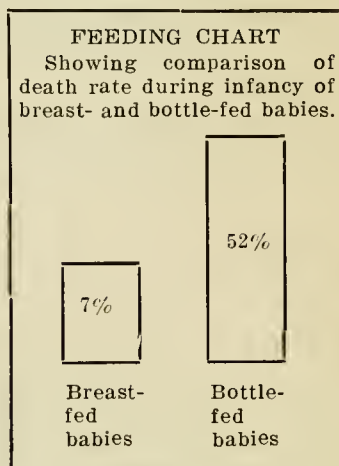
Make all screens of uniform size and color. A good unit size is 3 x 5 feet or 2 x 3 feet.

Photographs and other graphic representations should be used freely.

Stress home conditions.

The following are two good screens. (No screens with photographs were used here because of expense in printing.)

HOW TO SECURE PURE MILK
1. Use only cows that have been tested and proven healthy.
2. Keep cows in clean stables.
3. Wash cows before milking.
4. Milker's hands washed before milking.
5. Sterilize all milk vessels.
6. Use only small top milk pails.
7. Cool milk immediately after it is drawn.
8. Keep milk cool (50° F.) until used.



### IV. *Guides.*

Have competent persons to explain all exhibits, and to conduct demonstrations and excursions. The human element in an exhibit often determines the extent of its usefulness.

### V. *Helpful Literature.*

Send for helpful literature on baby welfare in getting up this exhibit. The following organizations will send free literature: Children's Bureau, Department of Labor, Washington, D. C. United States Public Health Service, Washington, D. C. American Medical Association, 535 North Dearborn street, Chicago.

American Association for the Prevention of Infant Mortality, 1211 Cathedral street, Baltimore, Md.



## State Boards of Health:

Texas, Austin.  
New York, Albany.  
Virginia, Richmond.  
Washington, Seattle.  
Indiana, Indianapolis.  
Kansas, Topeka.  
Florida, Jacksonville.  
Maine, Augusta.

## Life insurance companies:

New York Life, New York City.  
Metropolitan Life, New York City.  
Prudential, New York City.

## Universities:

University of Texas, Austin.  
University of Wisconsin, Madison.  
University of Kansas, Lawrence.  
Cornell University, Ithaca, N. Y.

The University of Texas, through its Extension Department, will be glad to give further help in regard to any detail of a Child Welfare Exhibit. Often a small exhibit can be loaned and a personal representative sent to the meeting.

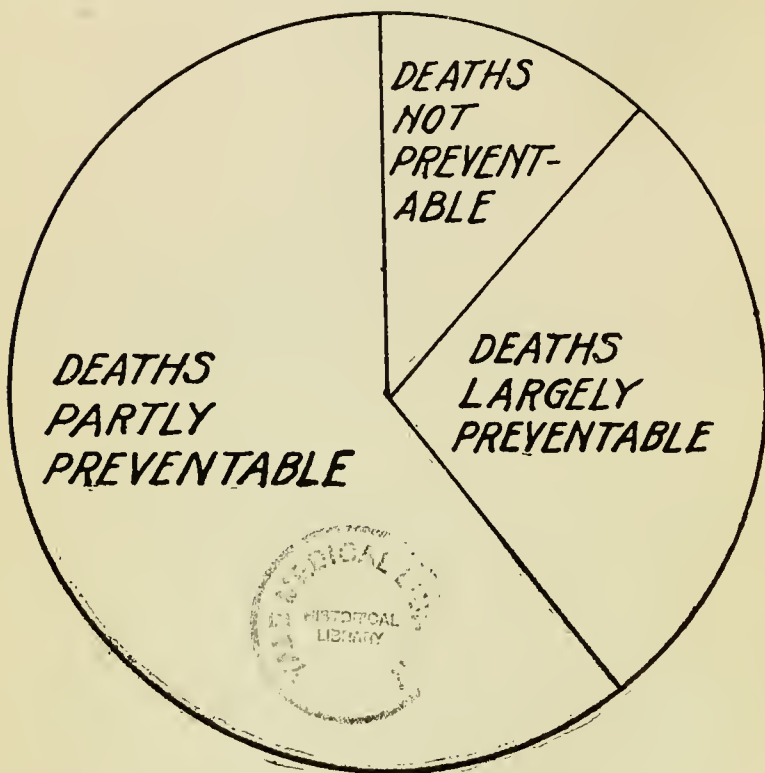
## DO YOU KNOW

Three hundred thousand babies under one year of age die annually in the United States?

One hundred and fifty thousand babies died in 1914 from improper feeding?

Ignorance kills three babies out of every four that die?

"The infant death rate measures the intelligence, living standards, and sanitation of communities, the efficiency of physicians, nurses, health officers, and educators."



SAVE THE BABIES

Their Health, Growth, and Happiness Depend on You

Baby Health Is Texas' Wealth











